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HOW MAY A NURSE SECURE EXERCISE AND REST?

DEAR EDITOR: Will some of the more experienced nurses in private work kindly give me an idea of how they manage to secure reasonable time for rest and out-door exercise on their cases? This is supposed to be a nurse's duty to herself—to keep her health unimpaired; and it is a duty which, with a few exceptions, people do not seem to recognize.

This lack of consideration for the nurse in the home seems in most cases to be due to *downright ignorance*. The family naturally wants to get its money's worth out of the nurse, and consequently makes unreasonable demands on her, being under a peculiar impression that the nurse's course of training in the hospital has developed in her the ability to do without the sleep and out-door exercise necessary to other human beings.

Should the nurse suggest to some people the necessity of her being relieved for some hours each day, their eyes would stick out like those of a snared rabbit. Time to sleep! Time to go out! Why whatever are they paying her for!

I should be very grateful to know how other nurses would deal with a case of this kind. The nurse does not want to cause unpleasantness with the family, nor yet sacrifice her own health.

We hear so much about the *nurse's* duty to the *family*, that it would seem only "fair play" if the family once in a while should hear of *its* duty to the nurse.

T. M. A.

UNAPPRECIATED SACRIFICE

DEAR EDITOR: I want to ask the opinions of the readers of the JOURNAL on the following: About two months ago a young woman contracted typhoid fever and a graduate nurse was sent to care for her. The family lived on a farm about five miles from town and neighbors were not very near. They had plenty of money, but had a countywide reputation for being miserly and disgustingly and unreasonably dirty, and the nurse at first declined to go. The patient was too ill, however, to be moved to a hospital and the nurse was finally persuaded to go. She and the doctor took every precaution to protect the other members of the family and tried to teach the family the necessity for doing the same.

The mother would not listen to their reasoning, saw no good in their "new fangled notions" as she called them, and would neither remain out of the sick room nor away from the kitchen, and would go from one to the other without any attempt at disinfection. Help was brought in by the doctor in the hope of preventing further infection of other members of the family or of the nurse, but the rude treatment the women received from the mistress of the house soon drove them away.

The nurse felt that the germs were being fed to her, but she remained faithful to duty and when the patient was convalescing she became too ill to remain longer on the case and now lies in a hospital very near to death. No word of regret, sympathy, or appreciation comes from the family, and if the nurse is spoken of at all it is of the money paid her for her work,—the paltry sum of one hundred dollars, which may prove to be the price of her life. I ask you nurses, is it required of us to make such sacrifice?

A SISTER NURSE.